



Jayaraj Annapackiam College for Women (Autonomous),

Periyakulam

Accredited with 'A+' Grade in (Cycle 4) by NAAC

KARATE CLUB

ACTIVITIES

(2021 - 2022)

STAFF INCHARGES	Mrs. D. Abinaya, Co-ordinator
SECRETARY	Selvi M. MIDHUMITHA
JOIN SECRETARY	Selvi M. MANJULA)

JAYARAJ ANNAPACKIAM COLLEGE FOR WOMEN (AUTONOMOUS)

PERIYAKULAM, THENI DISTRICT.

KARATE CLUB

2021-2022

ACTION PLAN

- * Planned to execute scientifically proven training formula created by Russian Scientist NIKOLAI N. YAKOVLEV (1911-1992) which is used by the world's best performers and athletes to reach their potential.
- * Plan to organize motivation and orientation classes for 1-year students.
- * "If there's no stress, there can be no improvement", so planned to encourage healthy stress essential for development by giving regular practice.
- * Plan to train students continuously during catabolic state and make them perform self-defense activities in Annual Sports Meet.
- * Plan to give special training programmes and special coaching to the students to get the grade certificate.
- * Plan to participate in National and International Karate Championship during the super compensation period, and motivate the students to reach for the BLACK BELT.

Karate Dojo Training

27.10.2021

BROCHURE



JAYARAJ ANNAPACKIAM COLLEGE FOR WOMEN (AUTONOMOUS)

(A Unit of Sisters of St. Anne, Tiruchirappalli)

DST-IST Supported College since 2015

Accredited with 'A-' Grade in 4th cycle by NAAC

Affiliated to Mother Teresa Women's University, Kodaikanal.

KARATE CLUB

ORGANIZES

KARATE DOJO TRAINING

RESOURCE PERSON

Kyoshi P. NAGARAJAN (7th Dan Black Belt)

**Founder & Technical Director, Alan - Raj Shito- Ryu
Karate School - India**

Mrs. D. ABINAYA

CO- ORDINATOR

KARATE CLUB, JAC

27 . 10 . 2021

3.15 p.m. - 5.15 p.m.

Report on Karate Dojo Training

The **Karate Club** of Jayaraj Annapackiam College for Women (Autonomous), Periyakulam, organized a **Karate Dojo Training** session on **27th October 2021** from **3.15 p.m. to 5.15 p.m.** The training was conducted under the guidance of **Kyoshi P. Nagarajan (7th Dan Black Belt)**, Founder and Technical Director of Alan-Raj Shito-Ryu Karate School – India.

The session focused on improving students' physical fitness, discipline, and self-defense techniques. Kyoshi Nagarajan demonstrated various karate forms and explained the importance of consistency and focus in martial arts. A total of **10 students** from the Karate Club enthusiastically participated in the training and benefited from the expert's practical demonstrations and motivational insights. The event was successfully coordinated by **Mrs. D. Abinaya**, Co-ordinator of the Karate Club, JAC.





Program Participants List

REG. NO	NAME
1. 21JPMAR15	M. MĀDHUMITHA
2. 21JPMAR17	M. MANJULA
3. 21JPMAR30	P. VIJAYA PRIYA
4. 21JPMAR31	A. YOGA SHANTHNI

Karate Dojo Training

20.01.2022

BROCHURE



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RESOURCE PERSON

Kyoshi P. NAGARAJAN (7th Dan Black Belt)

Founder & Technical Director, Alan - Raj Shito- Ryu
Karate School - India

Shihan N. SARANYA (5th Dan Black Belt)

Chief Instructor, Alan - Raj Shito- Ryu Karate
School - India

Mrs. D. ABINAYA

CO- ORDINATOR

KARATE CLUB, JAC

 20.01.2022 - 23.01.2022

 3.15 p.m. - 5.15 p.m.

Report on Martial Art Training

The **Karate Club** of Jayaraj Annapackiam College for Women (Autonomous) organized a **Karate Dojo Training Programme** from **20 January 2022 to 23 January 2022**, held between **3.15 p.m. and 5.15 p.m.** The training aimed to promote physical fitness, discipline, and self- defense awareness among students. The sessions were conducted by distinguished resource persons — **Kyoshi P. Nagarajan (7th Dan Black Belt)**, Founder and Technical Director of Alan-Raj Shito-Ryu Karate School, India, and **Shihan N. Saranya (5th Dan Black Belt)**, Chief Instructor of the same institution.

Under their expert guidance, participants were trained in various techniques and forms of **Shito-Ryu Karate**, including fundamental stances, blocking methods, and kata sequences. The instructors emphasized the importance of mental focus, respect, and perseverance as core principles of martial arts training. A total of **four students** enthusiastically took part in the programme, gaining hands-on experience, confidence, and a deeper understanding of Karate discipline



ACTION TAKEN REPORT

2021–2022

As part of the annual action plan, a Dojo Training Programme was successfully conducted on 27th October at Jayaraj Annapackiam College for Women. The session aimed to enhance students' physical fitness, discipline, and self-defense skills through scientifically structured karate training methods inspired by the principles of Russian sports scientist N. N. Yakovlev (1911–1992).

During the session, various forms and techniques of Karate were demonstrated and practiced, focusing on strength building, coordination, focus,

and mental endurance. A total of 4 students actively participated in the training, showing great enthusiasm, discipline, and commitment throughout the session.

The training effectively introduced students to Eustress-based development, encouraging them to face challenges positively and improve their overall performance. The programme concluded successfully, with students expressing motivation to continue advanced training and participate in upcoming karate events.